

## **Kit de Bienvenida Uhma**

Caja: Portada, contraportada, ventana, texto para enmarcar ventana, primera de forros, sitio para sticker con holograma, sticker con el número e la tarjeta.

Textos para contraportada:

El mundo cambia rápidamente. Si te esperas a implementar cambios te quedarás rezagado. ¡Hazlo ahora! .

Dale sabor a tus alimentos con alimentos bajos en sodio, azúcares y grasas, pero ricos en nutrientes, como el orégano, el cilantro y el ajo.

La vida está llena de obstáculos. El éxito está determinado por tu capacidad de lidiar con ellos.

Cultiva tus amistades, pero cuida no excederte en el consumo de alcohol, postres y botanas en los eventos sociales.

Tu consciente puede ocuparse de un sólo pensamiento a la vez. Elije pensamientos positivos.

Si no descansas lo suficiente durante la noche, durante el día te sobrealimentarás para compensar la falta de energía.

Haz una lista de tus objetivos a corto y largo plazo, cuatro veces al año.

Tener metas fijas fomenta el trabajo del inconsciente.

Leer las etiquetas nutricionales te ayudará a tomar mejores decisiones.

Toma un vaso antes de cada comida para fomentar la saciedad.

Elije pescado y pollo, sobre la carne de res.

El pescado es una buena fuente de Omega 3. Consúmelo cuatro veces por semana.

Los amigos son más importantes que el dinero.

Suda una vez al día para humedecer y refrigerar tu piel.

En Uhma ofrecemos servicios médicos que ayudan a la gente a vivir vidas más largas, saludables y felices. Si logramos mantener a la gente activa y libre de estrés, creemos que podemos hacer del mundo un lugar mucho mejor.

DRINK FRESH WATER AND AS MUCH WATER AS YOU CAN. WATER FLUSHES UNWANTED TOXINS FROM YOUR BODY AND KEEPS YOUR BRAIN SHARP.

A daily hit of athletic-induced endorphins gives you the power to make better decisions, helps you be at peace with yourself, and offset stress.

The pursuit of happiness is the source of all unhappiness.

**Do one thing a day that scares you.**

**LISTEN, LISTEN, LISTEN, AND THEN ASK STRATEGIC QUESTIONS.**

Write down your short and long-term GOALS four times a year. Two personal, two business and two health goals for the next 1, 5 and 10 years. Goal setting triggers your subconscious computer.

DON'T TRUST THAT AN OLD AGE PENSION WILL BE SUFFICIENT.

**Life is full of setbacks.**

Success is determined by how you handle setbacks.

Visualize your eventual demise. It can have an amazing effect on how you live for the moment.

**YOUR OUTLOOK ON LIFE IS A DIRECT REFLECTION OF HOW MUCH YOU LIKE YOURSELF.**

WHAT WE DO TO THE EARTH WE DO TO OURSELVES

The world is changing at such a rapid rate that waiting to implement changes will leave you 2 steps behind.  
**DO IT NOW, DO IT NOW, DO IT NOW!**

**Friends are more important than money.**



**BREATHE DEEPLY**

and appreciate the moment. Living in the moment could be the meaning of life.

Take various vitamins. You never know what small mineral can eliminate the bottleneck to everlasting health.

THAT WHICH MATTERS THE MOST SHOULD NEVER GIVE WAY TO THAT WHICH MATTERS THE LEAST.

**Stress is related to 99% of all illness.**

**JEALOUSY WORKS THE OPPOSITE WAY YOU WANT IT TO.**

Observe a plant before and after watering and relate these benefits to your body and brain. Practice yoga so you can remain active in physical sports as you age.

**Children are the orgasm of life.**

Just like you did not know what an orgasm was before you had one, nature does not let you know how great children are until you actually have them.

**Successful people**

replace the words 'wish', 'should' and 'try' with

**'I WILL'.**

Altraya provides services that help people live longer, healthier and more fun lives. If we can **succeed in keeping** people active and stress-free, we believe the world will become a much better place.

**Creativity is maximized when you're living in the moment.**

Nature wants us to be mediocre because we have a greater chance to survive and reproduce. Mediocrity is as close to the bottom as it is to the top, and will give you a lousy life.

**Do not use cleaning chemicals on your kitchen counters or floors. Someone will inevitably make a sandwich on your counter.**

**SWEAT ONCE A DAY TO REGENERATE YOUR SKIN.**

The conscious brain can only hold one thought at a time. Choose a positive thought.

Live near the ocean and inhale the pure salt air that flows over the water, Vancouver will do nicely.

COMMUNICATION IS COMPLICATED. WE ARE ALL BASED IN A DIFFERENT FAMILY WITH SLIGHTLY DIFFERENT DEFINITIONS OF EVERY WORD. AN AGREEMENT IS AN AGREEMENT ONLY IF EACH PARTY KNOWS THE CONDITIONS FOR SATISFACTION AND A TIME IS SET FOR SATISFACTION TO OCCUR.

**DANCE, SING, FLOSS AND TRAVEL.**

DVD (portada)

Video "Razones para cuidar tu salud" (este ya existe)

Video nutrición

Video sobre las sesiones

Video tabaquismo

Video actividad física

Video manejo de stress

Brochure (se adjunta información)

Tarjeta de atención (se adjunta muestra)

Instrucciones para activar la tarjeta. (activa tu tarjeta al 01800 UHMATEL o al

Instrucciones del vaso y el recipiente para heces (similar al de genographic)

Vaso y recipiente para heces (es necesario encontrar proveedores)

Manual del usuario (como programar sesiones, cómo usar la página, qué hacemos en las sesiones, funcionamiento del programa de referencia, manifiesto de Uhma [lineamientos generales de nutrición, tabaquismo, estrés y ejercicio]). Esto va a ser para una segunda etapa.

Check-list para la primera visita (se adjunta)

Carta de bienvenida (se incluye machote)

3 Cupones en sobre para referir a amigos (se incluye muestra)

Bolsa con instrucciones (se adjunta muestra)

Carta de consentimiento y contrato (falta generarlo)